

SUBJECT: Y10 PE

UNIT: Waterpolo



Basic Rules

Aspect	Description
Team Size	7 players (6 field players + 1 goalkeeper)
Game Length	4 quarters (7–8 minutes each, depending on competition)
Start of Play	Swim-off from centre line at the start of each quarter
Scoring	1 point per goal (ball must completely cross the goal line)
Possession Rule	Teams have 30 seconds to take a shot
Fouls	Ordinary fouls (minor) and major fouls (exclusion, penalty)
Exclusion	Player leaves pool for 20 seconds after a major foul
Goalkeeper Rules	Only player allowed to use two hands and touch the bottom
Ball Handling	Players use one hand (except the goalkeeper)

Key Skills

Skill	Description
Eggbeater Kick	Alternating leg motion to maintain vertical position and stability in the water
Passing	Chest, overarm, and backhand passes for accuracy and speed
Shooting	Variety of techniques (power shot, lob shot, bounce shot)
Dribbling	Pushing the ball across the water while swimming front crawl
Defending	Marking opponents, blocking shots, intercepting passes
Goalkeeping	Anticipating shots, strong leg drive, quick reactions
Communication	Essential for tactical play and teamwork

Components of Fitness in Water Polo

Component	Importance in Water Polo
Cardiovascular Endurance	Sustains high-intensity swimming throughout match
Muscular Endurance	Maintains leg and arm movements during eggbeater and passing
Strength	Powerful shots and defensive holds
Speed	Fast swimming in attack and defence transitions
Agility	Quick changes of direction in water
Coordination	Passing, catching, and shooting accurately
Reaction Time	Responding quickly to opponents and rebounds
Balance	Stability while treading water and shooting